

**ABSTRACT OF THE DISCLOSURE**

A sanitary napkin adapted to be worn in a thong undergarment. The sanitary napkin includes a central absorbent pad having a liquid pervious cover layer, a liquid impervious barrier layer and an absorbent core between the cover layer and barrier layer. The sanitary napkin has a first distal end region, an opposite second distal end region and a central region intermediate the first distal end region and the second distal end region and a flap extending laterally outward from each longitudinal side edge of the sanitary napkin in the central region. The absorbent core has a maximum width in the first distal end region that does not exceed 40 mm and a ratio of a length of the first distal end region to the maximum width of the absorbent core in the first distal end region is less than 2.

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